

Lone Star Strut

COPPERKNOB
BY STEPHEN BATES

拍數: 56 牆數: 4 級數: Improver
編舞者: June Jepson (USA) & Pete Jepson (USA)
音樂: Lone Star Blues - Delbert McClinton



TOE STRUTS

1-4 Touch right toe forward, step down with heel, touch left toe forward, step down with heel
5-8 Touch right toe forward, step down with heel, touch left toe forward, step down with heel

VINE RIGHT, HIP BUMPS

1-4 Step right foot to right, step left foot behind right, step right foot to right, touch left toe next to right
5-8 Bump hips to left, right, left, right

VINE LEFT, HIP BUMPS

1-4 Step left foot to left, step right foot behind left, step left foot to left, touch right toe next to left
5-8 Bump hips right, left, right, left

KICK BACKS (TRAVELING BACKWARDS SLIGHTLY)

1-4 Kick right foot forward (low), step right foot back, kick left foot forward(low), step left foot back
5-8 Repeat steps 1-4

SIDE TOGETHERS

1-4 Touch right toe to right, touch toe home, touch right toe to right, step right foot home
5-8 Touch left toe to left, touch toe home, touch left toe to left, step left foot home

VINE RIGHT ½ TURN INTO VINE LEFT

1-4 Step right foot to right, step left foot behind right, step right foot to right, scuff left foot making ½ turn right
5-8 Step left foot to left, step right foot behind left, step left foot to left, touch right toe next to left foot

HEELS FORWARD,, TOES BACK, TWO 1/8 PADDLE TURNS

1-4 Tap right heel forward twice, tap right toe back twice
5-8 Step right foot forward, making 1/8 turn left, replace weight to left foot, step right foot forward, making 1/8 turn left

Replace weight to left

REPEAT
